

What is Public Health? Is there any value in it?

Public health is the science of protecting, promoting, and improving the health of people and their communities. This can include protecting the health of people in an area as small as a local neighborhood, or it can include an area as large as an entire country or region of the world.

Some examples of the many fields of public health include:

- Public Health Nurses
- Health Educators
- Epidemiologists
- Dieticians
- Researchers
- Environmental Inspectors
- Vital Statistic Clerks

Among the many fields of public health, those who work in the field prevent the spread of disease, vaccinate children and adults, track disease outbreaks, and work to limit health disparities by assuring the accessibility of healthcare to all.

Why is the Massillon City Health Department of value to our community?

- The Public Health Nurses provide testing and guidance on an individual's cholesterol, BMI, Blood Pressure, and Blood Sugar through the *Know Your Numbers Program*. This is available at no cost to the individual at provided at sites throughout the City.
- The Environmental Health Division provides food education classes for both Person in Charge as well as Managers to promote safe food handling practices at our City's restaurants, churches, and schools.
- With a dietician and certified lactation consultant at the Massillon City Health Department, residents are provided with frequent education and are also encouraged to seek help at our Department with any questions or concerns in those areas.
- Through our *Cribs For Kids* and car seat inspection program, the Health Department is protecting the health and safety of our littlest City residents. Free cribs are available to qualifying individuals, and with three certified Child Safety Passenger Specialists on staff residents both in and out of the City can have their child safety seat(s) inspected along with instruction on how to correctly install and safely operate.
- *Matter of Balance* classes are taught by two trained facilitators to those aged 60 and older. This program benefits older adults who are afraid of falls, have sustained falls in the past, and are interested in improving balance and strength.

Through these programs, and many others offered at the Massillon City Health Department, the staff promote and protect the public health of all residents of our City and surrounding communities. These valuable programs help to meet the public health goals of preventing disease, promoting health, and prolonging life among the population.